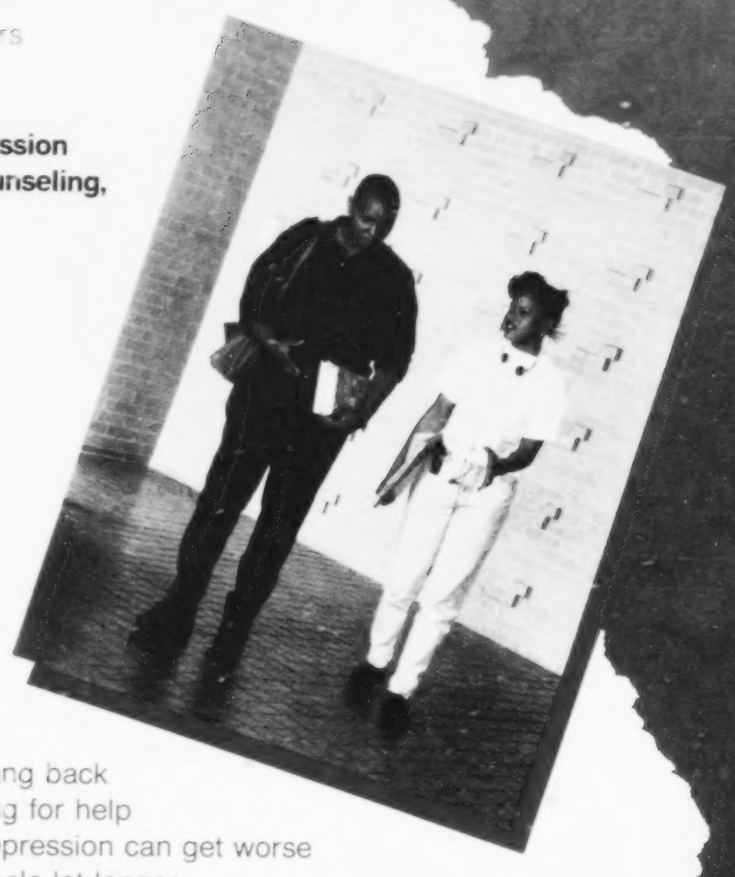
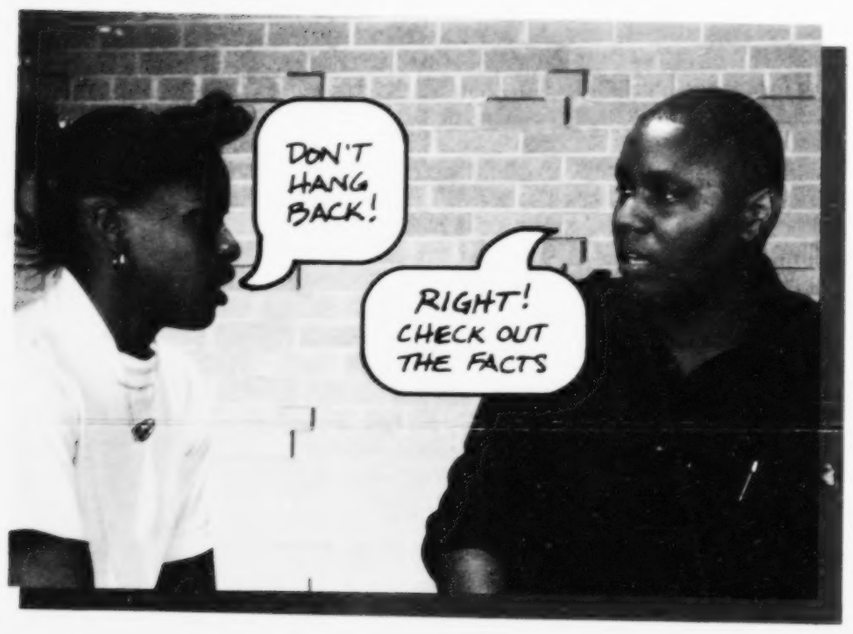
Even if you feel like nothing matters
or no one cares,
**the "good news" is that
most people suffering from depression
can be helped with medicine, counseling,
or both together.**

Look at it like this:

HANG UP?	SOLUTION:
CAR PROBLEMS?	MECHANIC
EXAM?	STUDY
TOOTHACHE?	DENTIST
CAN'T SEE?	EYE DOCTOR
FEEL SICK?	FAMILY DOCTOR
DEPRESSED?	MENTAL HEALTH COUNSELOR OR FAMILY DOCTOR



So don't hang back
about asking for help
because depression can get worse
or last a whole lot longer
when it isn't treated.



Let's get serious here.
**Having depression doesn't mean
that a person is weak,
or a failure, or isn't really trying.
Depression is a very real and common illness.**

Sometimes, like other illnesses, depression just happens.
Other times, depression can follow something
like a divorce or death in the family,
someone you love getting busted,
a move, or a messed up home life.

Often there's a link
between depression and getting into trouble:
trouble with alcohol, street drugs, or sex;
trouble with school or bad grades;
problems with family or friends.

So remember, when your problems seem too big,
and you're feeling too low for too long,
**you're not alone.
There's help out there.
You really *can* ask for help.**

DEPRESSION AFFECTS: your thoughts, feelings, health, and behavior

CHECK YOURSELF OUT:

Here's how to tell if you are depressed.

First, there are 2 kinds
of depressive illnesses:
the sad kind called **depression**, and the
up-and-down kind called **manic-depression**
when manic behavior alternates
with depression.

For both depression and manic behavior,
you should go to a doctor if
you've had 4 or more of the following symptoms
for longer than 2 weeks:

When You're Depressed...

- You feel sad a lot, and it doesn't go away.
- You feel guilty; you think you're no good; you have no confidence.
- Life seems meaningless, and you don't think anything good is ever going to happen again. You feel empty and hopeless.
- You lose interest in ordinary pleasures like music, sports, friends, or having fun. You really want to be left alone most of the time.
- It's hard to make up your mind. You forget things, and it's hard to concentrate.
- You get angry or irritated often. You're so touchy that you lose control for no particular reason. You over-react.
- There's often a change in sleeping and eating habits.
- You feel restless or tired most of the time.
- You think about death a lot or thoughts about suicide pop into your mind.

Or When You're Manic...

- You feel high as a kite....you think you're super.
- You get unreal ideas about the great things you're going to do....things you never really could do.
- Thoughts go racing through your head.
- You're a non-stop party, constantly running around.
- You take too many dumb chances like wild driving.
- You're so "up" that you don't need much sleep.
- You're rebellious, goof off at the wrong time, and don't get along at home or at school.

If you checked 4 or more boxes...

WHERE TO GO FOR HELP:

THERE ARE LOTS OF PEOPLE READY AND WILLING TO HELP!
A FAMILY DOCTOR OR A DOCTOR IN A HOSPITAL CLINIC, A SCHOOL COUNSELOR, A SOCIAL WORKER,
OR A MENTAL HEALTH PROFESSIONAL AT A COMMUNITY MENTAL HEALTH CENTER.
FOR FREE INFO ABOUT DEPRESSION, LEAVE YOUR NAME AND ADDRESS AT THIS NUMBER: 1-800-421-4211...
OR YOU CAN WRITE: DEPRESSION RM. 15C-05 ROCKVILLE, MD. 20857

REMEMBER: YOU CAN HELP YOURSELF, A FAMILY MEMBER, OR A FRIEND FIND TREATMENT FOR DEPRESSION.

DO IT NOW.

"When I have a problem, I pray for guidance. Next, I get more information about the problem and some solutions. That means, when people I care about feel worthless or sad, I encourage them to pray and to get good professional help in order to feel better. Please do the same for yourself or someone you love. Learn to love yourself as the greatest love of all."

– Whitney Houston,
Grammy Award Winning Recording Artist

Whitney Houston

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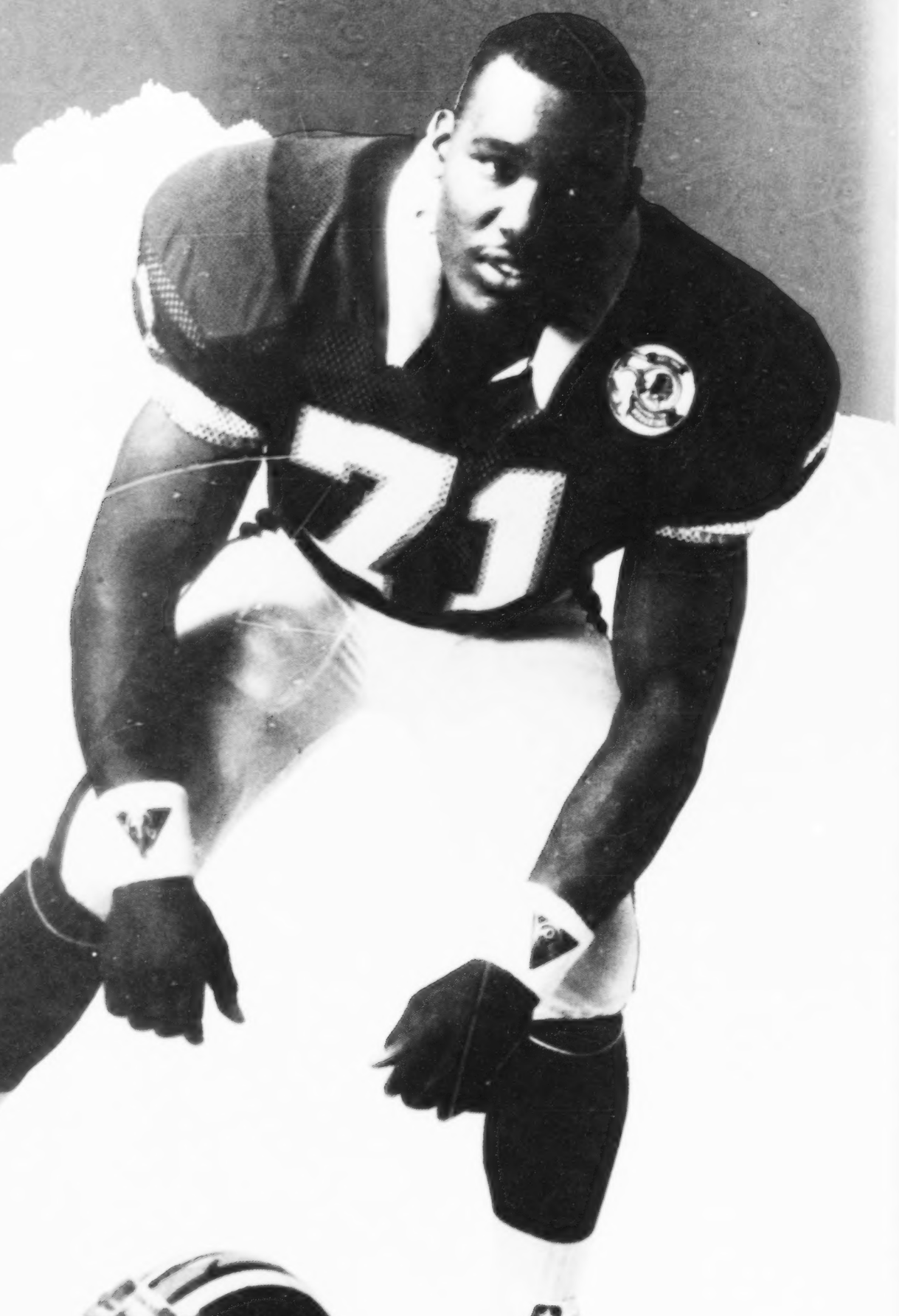
THE DEPRESSION AWARENESS, RECOGNITION AND TREATMENT (D/ART) PROGRAM THANKS WHITNEY HOUSTON AND CHARLES MANN FOR THEIR CONCERN FOR PEOPLE, FOR ENCOURAGING DEPRESSED PEOPLE TO GET PROFESSIONAL HELP, AND FOR THEIR SUPPORT OF THE D/ART PUBLIC EDUCATION CAMPAIGN.

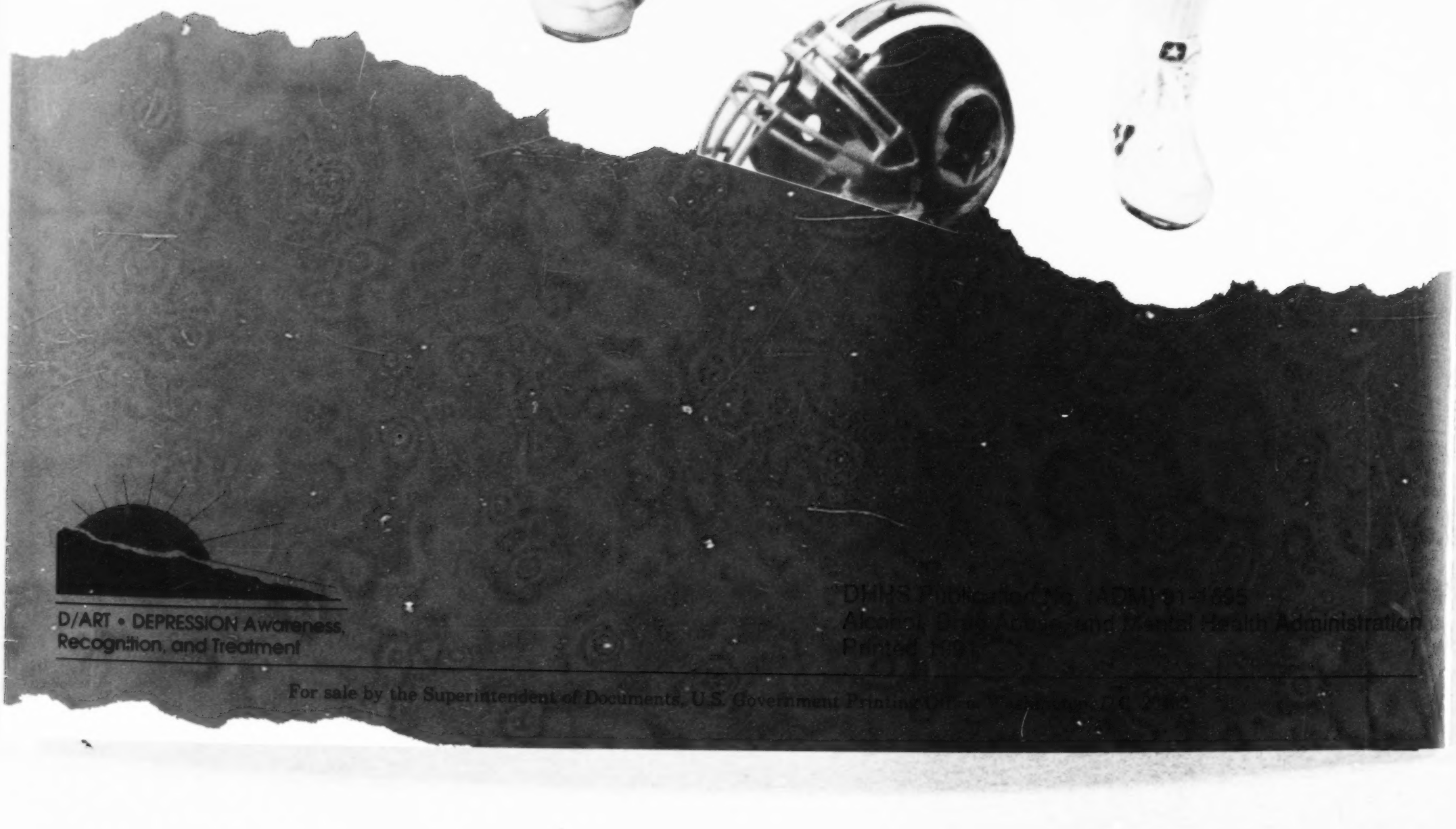
"Don't be sidelined by depression...."

Charles G. M



Don't be sidelined by depression.
Do something about it now.
There are three kinds of people: Those who watch what happens; those who wonder what happened; and those who make things happen. Which are you?
You can make things happen. If you or someone you know is depressed, call for help now!!

– Charles A. Mann,
Washington Redskins,
All Pro
Defensive End #71



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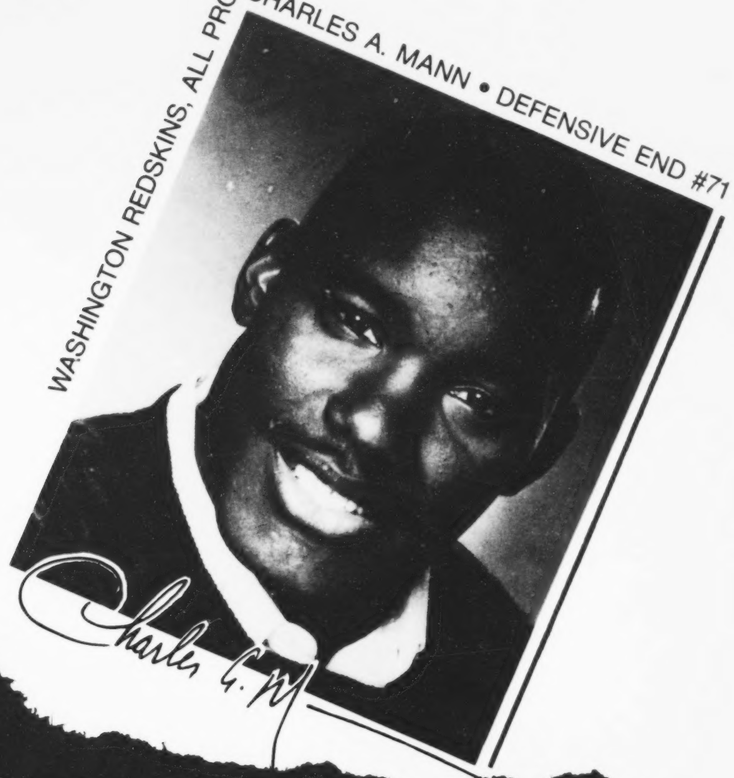
LET'S TALK ABOUT

Whitney Houston



DEPRESSION

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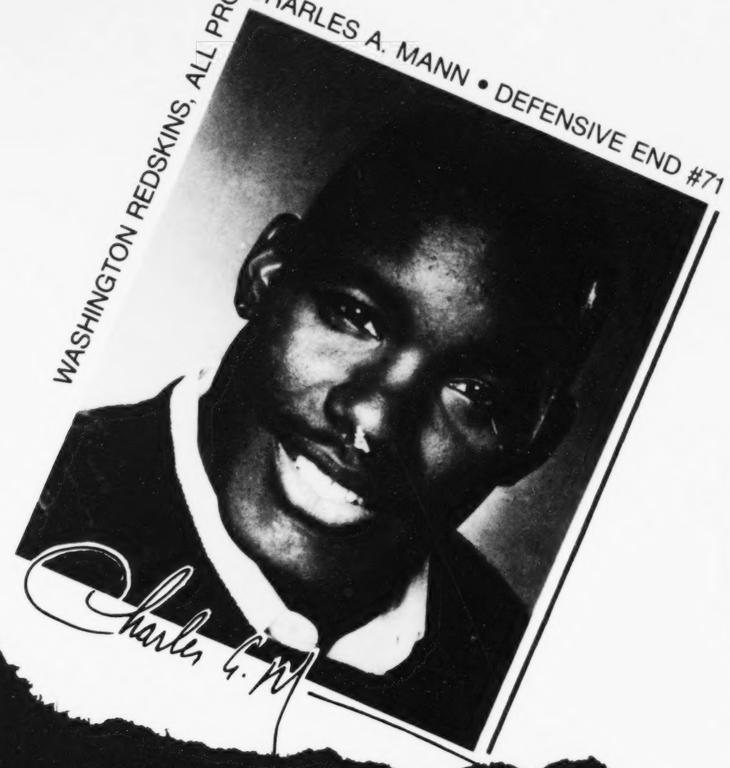
LET'S TALK ABOUT DEPRESSION



Hey!...

HE 20.8102: